

November 2022



## GOING WITH THE FLO

Friendship Lunches & Outings (FLO)  
Newsletter

Hello! My name is  
**Gilly the Gull.**  
Nice to meet you!



### Thank you to everyone who participated in our Seagull Naming Contest!

Special thanks to Vanessa C who submitted the winning name. We hope you had as much fun with this as we did in the office. It was wonderful to have the opportunity to hear all your great names!



### 3<sup>rd</sup> Annual Super Soup Day!

Drive-thru or Home Delivery

FRIDAY, NOVEMBER 18<sup>th</sup>



**Meal Includes: soup, fruit and dessert**

**Soups from Destination Soups in New Bedford**

Choice of kale soup (GF), chicken vegetable or vegetable chili (GF,V)

Drive-thru pick-up 11:30-12:30, ARAW parking lot, enter from Spring Street between Purchase Street and Acushnet Avenue.

We will be wearing masks and will place the items in the car for you.

**UNABLE TO DRIVE-THRU?** Home delivery is available the same day, time to be scheduled.

We will be wearing masks and will pass bagged food items to you at the door. For those living in lobby entry or high-rise housing, we will ask you to meet us outside at a designated time if you are able.

**Must sign-up by  
November 10<sup>th</sup>**

Call 508-717-0400

**MASKS REQUIRED**

If you need a mask,  
please let us know.



**Congratulations to the winners of the  
Doo Wop and Chowderfest tickets!**

Laura F, Linda M, Diane L, Carol C, Elizabeth B, Julie P, Mary Jane P,  
Donna H, Millie A, Leslie C, Nancy V, Shauneen B, Carolyn M, Joanne D

## Meet the ARAW Staff

Last month you met the ARAW Board. This month you can meet the ARAW Staff. Now you can put a face to the names of the people you chat with on the phone.



### Clare Healy Foley, Executive Director

I have had the honor of serving as the Executive Director of the ARAW since 2019. On a daily basis, I work with our Board members, staff, community partners and – when I get really lucky – women like you in our community to make sure the mission of ARAW is realized to its full potential. This is a mission which embraces my own passion to help women as they age in our community. The ARAW is a special place where, together as women helping women, we can make the lives of our neighbors better. I am so glad to be a part of the ARAW family.

### Jenny Costa, Office Administrator

I have been a part of the ARAW family since 2019 and have loved every minute of it. My day consists of processing bills and requests, facilitating FLO happenings, database entry, filing and much more. I am the “behind the scenes” staff person who occasionally is lucky enough to have a lovely conversation on the phone with you or to meet you in person at one of the luncheons.

I look forward to many more years of being a part of the ARAW and helping women in our community live their lives to the fullest.



### Patricia Midurski, Beneficiary Advocate

As a lifelong resident of SEMass, I know firsthand the numerous benefits and opportunities available in this glorious region. Amongst the most treasured are the individuals with whom I have the honor and privilege to work with on a daily basis. As an ARAW Beneficiary Advocate since 2020, I am provided an opportunity to meet with and to get to know women who lead extraordinary lives. Throughout my 40+ year nursing career, I gained invaluable knowledge from my patients. I have now been provided the opportunity to learn from a group of strong, independent and resilient women. Thanks for allowing me to be a part of your life journey.

### Ana Paz, Beneficiary Advocate

I am the most recent Beneficiary Advocate to join the staff of the ARAW. I have the pleasure of being invited into your homes, getting to know you, and ensuring your financial needs are met. Being bilingual, I can extend the ARAW mission to Portuguese speaking women in our community. I am very fortunate to be part of the ARAW family.



## Young@Heart Chorus Live at the Zeiterion Sunday, November 13th at 3 pm



We have a limited number of FREE tickets available to the Young@Heart Chorus Live at the Zeiterion on Sunday, November 13<sup>th</sup>.

**CALL 508-717-0400 IF INTERESTED**

Transportation can be provided.  
Up to two tickets per person, while supplies last...

Understanding your unique challenges is essential to creating the best solutions for your needs.

Despite the advancements the LGBTQ+ community has made over the years, older LGBTQ+ individuals are suffering, with shocking statistics that highlight the differences between their experiences and those of their non-LGBTQ+ counterparts, among other challenges.

**MORE LIKELY**  
TO SUFFER FROM  
POOR OVERALL  
HEALTH AND  
DEPRESSION

**MORE LIKELY**  
TO SUFFER ECONOMIC  
HARDSHIP AND  
INSECURITY

**3X**

THE RATE OF LIFETIME  
SEXUAL VIOLENCE  
VICTIMIZATION

**4X**

THE RATE OF SUICIDAL  
THOUGHTS IN THE  
PAST YEAR

Source: The Fenway Institute, LGBT Aging 2025 Report



### Not Just Older. Bolder.

By giving older LGBTQ+ individuals the support and the tools they need to make decisions, we can help them not only live the lives they want now, but also prepare them for their lives ahead. Showcasing the value that older LGBTQ+ people offer to the community will make the South Coast a better place for us all.

### Be a Change-Maker. Join Our Senior Advisory Committee.

We need passionate and motivated people who want to make a difference in their community and shape the future. Allies welcome. For more info, email [eileen@scigbtqnetwork.org](mailto:eileen@scigbtqnetwork.org) today.

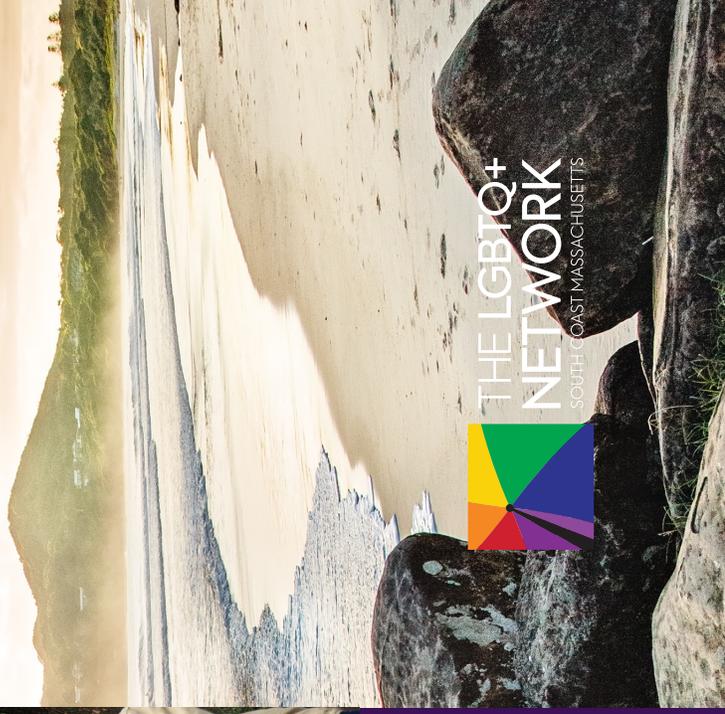


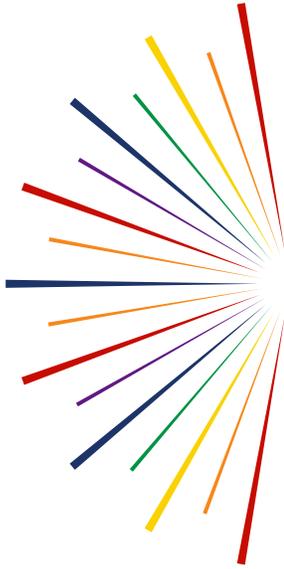
The South Coast LGBTQ+ Network  
A 501(c)(3) Nonprofit Organization  
P.O. Box 8473  
New Bedford, MA 02740  
(774) 775-2656  
[scigbtqnetwork.org](http://scigbtqnetwork.org)



# Aging Well

Supporting the unique needs of older LGBTQ+ individuals and their families in the South Coast of Massachusetts





# Aging Well

**Aging Well is a comprehensive, community-based program** supported by experienced case managers, mentors, and partner providers with support from volunteer clinicians, all of whom are laser-focused on helping older LGBTQ+ adults in the South Coast become more confident, self-sufficient, and independent. This is an individual- and family-driven effort—not a “scripted” service. Seniors, their families, and allies engage in programs that guide them towards achieving self-identified goals.



**Aging Well is a service of The South Coast LGBTQ+ Network.** It is made possible by funding from Bristol County Elder Services through a contract with the Massachusetts Executive Office of Elder Affairs and the Association for the Relief of Aged Women (ARAW) of New Bedford.



**The mission of Aging Well** is to help older LGBTQ+ individuals in Massachusetts’ South Coast experience joy in their later years after living through the tumultuous early years of the struggle for LGBTQ+ equality. We are determined to eliminate barriers to services such as healthcare, financial planning, technology literacy, transportation, and social engagement.

## **Better access to services. Safer environments for socializing. More opportunities to get better with age.**

We know that LGBTQ+ adults must overcome unique obstacles as they get older that prevent them from living their lives to the fullest. Diminishing physical or mental abilities, awkward family dynamics, social isolation, inadequate healthcare... Aging Well is here to help work through it all with the programs and services you have been asking for:

- Health and wellness programs
- Transportation services
- Technology access
- Computer literacy
- Social media education
- Financial planning
- Legal consulting and services
- Social engagement and celebration
- Cultural experiences

## **Friendly visitors are always on hand.**

Aging is place is easier whenever you have someone there to help. To share a meal. To have a conversation. Or just to listen. Aging Well’s “friendly visitors” can help get you to and from appointments and social gatherings. They can connect you to people and services. They can assist you with technology. It’s up to you: The goal of each visit is defined by you and your unique needs.

## **Professionally managed programs ensure successful outcomes.**

Aging Well’s in-home case management services are staffed by people with a bachelor’s degree or higher, many with extensive training and LGBTQ+ related life experience. All of them share a passion for helping older LGBTQ+ people thrive.

**Solutions-driven partnerships to help organizations provide the highest quality care.** Older LGBTQ+ people have specific needs that some organizations struggle to understand. An integral part of Aging Well is to provide training to companies and institutions to help them understand how to interact appropriately and effectively with this underserved group.

For more information about Aging Well, contact eileen@scigtbnetwork.org, call (774) 775-2656, or visit [scigtbnetwork.org/Aging-Well](http://scigtbnetwork.org/Aging-Well). v051622

# ARAW "BENE IARIES" (BENEFICIARIES)



## OPEN HOUSE

**FOR ARAW BENEFICIARIES AND BOARD MEMBERS**

**PRESENTED BY: NEW BEDFORD FISHING HERITAGE CENTER  
WEDNESDAY, NOVEMBER 16, 2022 • 1-3 PM  
38 BETHEL STREET, NEW BEDFORD MA**



### **TRANSPORTATION AVAILABLE**

To reserve a ride, call (508) 993-8894  
[herstory@fishingheritagecenter.org](mailto:herstory@fishingheritagecenter.org)



**LIGHT REFRESHMENTS  
WILL BE PROVIDED**



**LEARN ABOUT THE COMMERCIAL  
FISHING INDUSTRY**



**HOW DOES SEAFOOD GET FROM THE  
OCEAN TO YOUR PLATE?**

**RSVP REQUESTED (FOR PLANNING PURPOSES)**

**CALL (508) 993-8894 OR EMAIL**

**[HERSTORY@FISHINGHERITAGECENTER.ORG](mailto:HERSTORY@FISHINGHERITAGECENTER.ORG)**

# NOVEMBER EVENTS

at New Bedford Fishing Heritage Center



## **AHA! Night: The Life and Legacy of Arthur Moniz**

**Thurs., November 10, 2022 • 6 PM • Free • 38 Bethel St, NB**

It's AHA! Night! To continue our Fishboats programming, we are hosting *The Life and Legacy of Arthur Moniz*, an illustrated talk by Cheryl Moniz and Gary Golas, about the late local artist Arthur Moniz.



## **Dock-u-mentaries: Double Feature**

**Fri., November 18, 2022 • 7 PM • Free • National Park Theater  
33 William Street, NB**

We will be showing *Shipbuilders of Essex* and *Harold A. Burnham: Master Shipwright* on November 18 at 7 pm (Doors 6:30). Free tickets available at: <https://november2022docks.bpt.me/> or call the Center at (508) 993-8894.



*Shipbuilders of Essex* – A USIA film that chronicles the life in the village of Essex in Massachusetts, a town famous for its hand built wooden fishing boats.

*Harold A. Burnham, Master Shipwright* – Shot both in the Burnham shipyard and on the water, the film touches on shipbuilding in Essex, the Burnham family, learning from old-time boat builders, designing boats using half models, rehabilitating a historic schooner and more.

## **Front & Centre Holiday Market**

**Sun., November 27, 2022 • 11-4 PM • New Bedford**

Get your holiday shopping done early! Browse local New Bedford businesses (including the Center's Gift Shop) for the perfect gift for everyone on your list. Bring the grandkids along and maybe you'll be able to catch Mrs. Clause out and about, or Salty Santa when you visit the Center...



*Programs marked with a scallop boat are part of our "Fishboats: Art of the Industry" programming, supported in part by a grant from the Westport Cultural Council, a local agency supported by the Helen E. Ellis Charitable Trust administered by Bank of America, along with support from the Dartmouth, Fairhaven, Mattapoisett, and New Bedford Cultural Councils, as well as BankFive and the Massachusetts Cultural Council.*



# You're Invited!



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## Senior Holiday Social

WEDNESDAY, NOVEMBER 30TH

at Century House from 12-3pm

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Please join District Attorney Tom Quinn for a special afternoon holiday luncheon! This free event is a thank-you to local seniors in Bristol County.

We will only be accepting RSVP's for this event. Seating is limited, so reach out today to claim your spot!

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To **RSVP**: Contact Natacha Salemme

**Email**: [NSalemme@CoastlineNB.org](mailto:NSalemme@CoastlineNB.org)

Or **Call**: 508-742-9113

**Spots will fill up fast!**





# Cape Verdean Association in New Bedford



Cape Verdean women's group playing Bingo and eating their favorite fejuada and rice. If you are interested in joining this weekly group, call ARAW at 508-717-0400 for more information.



**Coastal Neighbors  
cordially invites you to our**

**Greens Making  
Workshop**

**Learn how to make a simple  
door Swag and enjoy light  
refreshment**

**Date: 12/8/22**

**Place: Silverbrook Farm 592 Chase Road, Dartmouth**

**Time: 2:00 to 4:00pm**

**Transportation Available**

Please R.S.V.P by 12/6/2022

Email [Andy@CoastalNeighborsNetwork.org](mailto:Andy@CoastalNeighborsNetwork.org)

Call Phone 508 264 9064

# *Creative Care*

## FREE

## ART PROJECTS TO YOUR DOOR!

New Bedford Art Museum/ArtWorks!  
is thrilled to announce free art care  
kits to your door through our  
*Creative Care* Program!

Art care kits include FREE engaging  
art lessons and art materials for  
seniors interested in getting creative  
with NBAM.

Creative Care is an art program for seniors presented by the New Bedford Art  
Museum/ArtWorks!. This program is made possible through a grant from the  
Association for the Relief of Aged Women of New Bedford.

**FREE** home delivered  
artkits will be  
available weekly  
**November 20 -  
December 15**

Registration is  
required.  
Contact ARAW at  
(508) 717-0400  
for registration and  
details.

